



Recreation Through a New Lens: Nurturing, Regenerative, & Protective



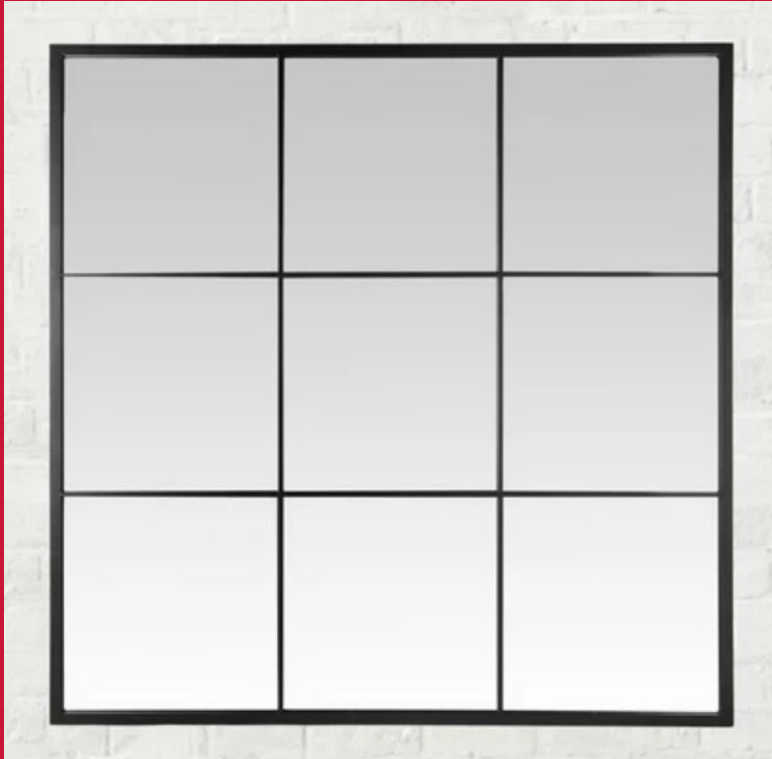
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THE OHIO STATE UNIVERSITY

OFFICE OF STUDENT LIFE
RECREATIONAL SPORTS

NEW OPPORTUNITIES & PERSPECTIVES



Window & Mirror - Emily Style

- ... acknowledges a variety of disciplinary paradigms
- ... clarification of the known and illumination of the unknown

A NEW LENS





NIRSA & NASPA HEALTH & WELLBEING THOUGHT LEADERSHIP FORUM

October 12-14, 2017



NIRSA: Leaders in Collegiate Recreation

Strategic Plan 2018-2021



Our Mission

NIRSA is a leader in higher education and the advocate for the advancement of recreation, sport, and wellbeing.



Our Vision

NIRSA is a premier association of leaders in higher education, inspiring healthy people and healthy communities worldwide.

Our Strategic Values



Leadership



Equity, Diversity & Inclusion



Sustainable Communities



Service



Health & Wellbeing



Global Perspective

Scope

This three-year strategic plan will focus on recreation and wellbeing within higher education in the U.S. and Canada.

Our Value Proposition

NIRSA provides the best **professional development offerings**, the best **networking opportunities**, and the best **resources**

NIRSA will

be a driving force in an integrated approach to health and wellbeing

NIRSA will

advocate for the impact of our profession; advance the understanding that campus recreation professionals are higher education professionals impacting student success

NIRSA will

evolve NIRSA's structures to cultivate timely, relevant, and accessible learning opportunities

NIRSA will

answer the question: given the changing landscape of higher education and the profession, how do we evolve our brand identity?

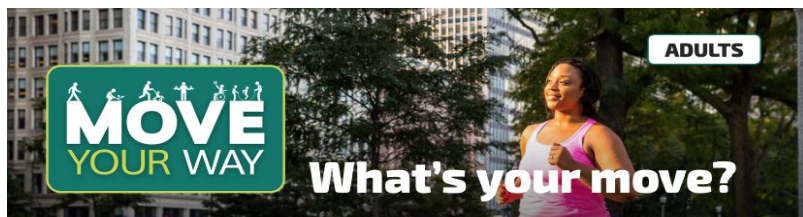
HEALTHY CAMPUS - PRACTICES & STRATEGIES



Model the ingredients of a healthy brain - move, nourish, discover, relax, connect

EXERCISE ???





You know you need physical activity to stay healthy.
But did you know it can help you feel better right away?



Boost your mood



Sharpen your focus



Reduce your stress



Improve your sleep

So get more active — and start feeling better today.

How much activity do I need?

Moderate-intensity aerobic activity

Anything that gets your heart beating faster counts.



AND



Muscle-strengthening activity

Do activities that make your muscles work harder than usual.

Tight on time this week? **Start with just 5 minutes.** It all adds up!

Or get the same benefits in half the time. If you step it up to **vigorous-intensity aerobic activity**, aim for at least **75 minutes a week**.

Is it moderate or vigorous? Use the "talk test" to find out.

When you're being active, just try talking:

- If you're breathing hard but can still have a conversation easily, it's **moderate-intensity activity**
- If you can only say a few words before you have to take a breath, it's **vigorous-intensity activity**

What counts?

Whatever gets you moving!



Even things you have to do anyway



Even things that don't feel like exercise

You can get more active.

No matter who you are, where you live, on your own, or together.
You can find a way that works for you.



And over time, physical activity can help you live a longer, healthier life.

- ✓ Lower your risk of diseases like type 2 diabetes and some cancers
- ✓ Control your blood pressure
- ✓ Stay at a healthy weight

So take the first step. Get a little more active each day. **Move your way.**

Find tips to get moving and build a weekly activity plan.

health.gov/MoveYourWay/Activity-Planner



JAMA - PSYCHIATRY



Assessment of Bidirectional Relationships Between Physical Activity and Depression Among Adults

Karmel W. Choi, PhD; Chia-Yen Chen, PhD; Murray B. Stein, MD, MPH; et al

Original Investigation | January 23, 2019

ONLINE FIRST

... provides the “**strongest evidence**” yet that exercise has a protective factor against depression

Equality

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HEALTHY CAMPUS - PRACTICES & STRATEGIES



Back to the Garden - *Universities botanical gardens and arboreta are more than just pretty places*

By Moira MacDonald

... Universities are also leveraging their gardens' soul-soothing properties by incorporating them into mental-health strategies. More than 100 students lined up in a greenhouse at Acadia's garden last semester for a "Self-Care with Succulents" plant-potting event. Memorial runs a popular "Green Mindfulness" program as part of a larger weekly wellness drop-in event.

HEALTHY CAMPUS - PRACTICES & STRATEGIES



Nature Rx

Outdoor Rx

Eco-psychology

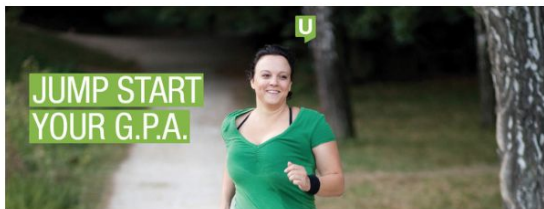
MOVEU



University of Toronto
Mississauga

University of Toronto
Scarborough

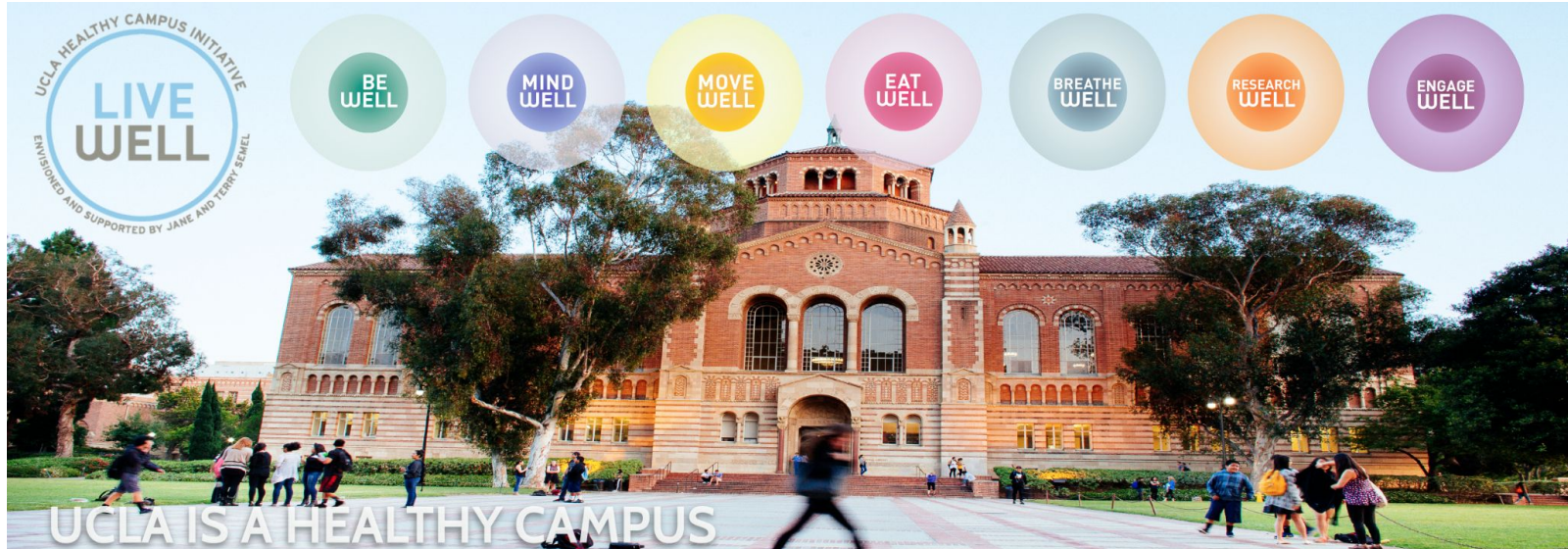
University of Toronto St.
George



RECESS - OHIO STATE



HCI - UCLA



HCI - UCLA







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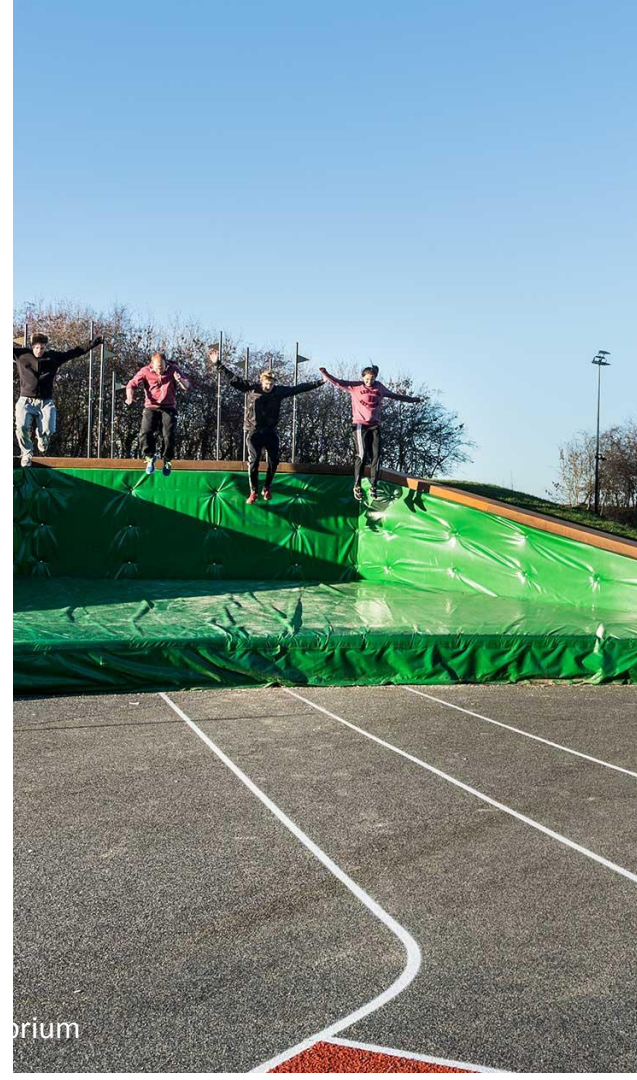


Image Credit: Keingart Space Activors <http://keingart.com/portfolio/athletics-exploration>

VISION PLAN

LIFE IN MOTION



REFERENCES

DHHS - MOVE YOUR WAY, 2018

Emily Style, *Curriculum as Windows & Mirrors*, Listening for All Voices, 1988

JAMA - Psychiatry *Assessment of Bidirectional Relationships Between Physical Activity & Depression Among Adults*, January 2019

NIRSA-NASPA Health & Wellbeing Thought Leadership Summit Executive Summary, 2017

Various campus examples



THANK YOU!

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